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POWER RESTORED

The 'old' Ovechkin
returns just when the
Caps need him most **14**

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HIGH RESOLUTION

Keep your promise
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IOWA'S IDEAL

WITHOUT A CANDIDATE WHO
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am **34 | 20** pm

FOR EXTENDED FORECAST, SEE PAGE 33

MELINA MARA/TWP PHOTOS/EXPRESS ILLUSTRATION



eye openers

INVENTORY

‘Shot, Drowned, Attacked by Wolves. Eww, What’s THAT?’

Even people who think caviar is to die for might lose their appetite when it’s stored in a hospital morgue. But that’s where police in St. Petersburg, Russia, found a huge stash of it this week — 385 pounds stored in the refrigerated space where cadavers are kept. A morgue employee and a businessman were arrested after the Wednesday discovery. They said the caviar was to be a treat for hospital employees at a New Year’s party. (AP)

FORECAST

Sign of the Apocalypse
Less Ominous This Year

Authorities in a Beebe, Ark., say about 100 blackbirds died on New Year’s Eve after being spooked by fire-works. Beebe police said Sunday that officials asked local residents who were celebrating the year’s end to stop setting off fireworks after blackbirds again started flying into objects and each other. Last year, fire-works were blamed after thousands of birds died. (AP)

CURRENCY

‘Of Course It’s Real —
It Has Aaron Burr on It’

Lexington, N.C., police say a man insisted his million-dollar note was real when he was buying \$476 worth of items at a Wal-Mart Nov. 17. Store employees called police after Michael Fuller claimed the bill was legit. He was arrested. The largest bill in circulation is \$100. (AP)

The Big Picture

ARNO BALZARINI, KEYSTONE/AP



“CAN WE GO ‘WEE, WEE, WEE’ ALL THE WAY HOME YET?” Little pigs race through an obstacle course in Klosters, Switzerland, on Sunday. The race of the pigs, who are considered lucky, takes place every New Year’s Day and attracts many spectators. (AP)



Artwork by Donna Butnik

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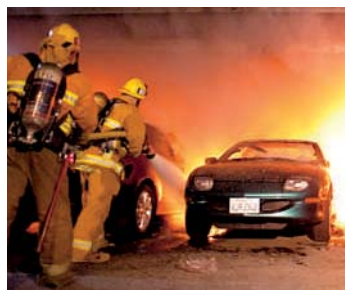


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In Brief



Los Angeles Fire Department crews extinguish multiple car fires Monday.

LOS ANGELES

Suspect in 53 Arsons In L.A.-Area Arrested

Authorities arrested a man Monday in connection with 53 suspected arsons that destroyed parked cars, scorched buildings and rattled Los Angeles residents over the New Year's weekend. Police declined to identify the man but said he was to be booked later on arson charges. The blazes caused an estimated \$2 million in damage, but there were no serious civilian injuries. (AP)

CARTERSVILLE, GA.

Another Syringe Found In Wal-Mart Clothing

Sheriff's officials say another broken piece of a syringe with the needle intact was found in clothing from a Wal-Mart store in Cartersville, Ga., in December, bringing the number of cases to 15 at the same store since late November. No injuries were reported. (AP)

In Iowa, a Frenzied Countdown

With one day to go, hopefuls make final push for caucus votes

Des Moines, Iowa

The White House their goal, Republican presidential hopefuls raced across Iowa on Monday in a final, full day of last-ditch appeals for support in precinct caucuses that open the 2012 campaign. "It is the race you make it," an upset-minded Rick Santorum told voters.

Santorum drew large crowds as he hustled through five events; the six-person field had 23 combined. That and the \$13 million or more already spent on television commercials was evidence enough of the outsized importance Iowa holds in the race to pick a Republican opponent for President Obama.

Campaigning like a front-runner, Mitt Romney had one eye on his GOP rivals and another on Obama as he argued he is in the best position of all to defeat the president: "The last three years have been a detour. They're not our destiny."

Most recent polls have put Rom-



Mitt Romney gets a hug Monday at the Mississippi Valley Fairgrounds in Davenport, Iowa. Polls show he's having problems convincing voters he's conservative enough.

Obama Ratchets Up His Bid

With an eye on the 2012 campaign, President Obama is wrapping up a low-key Hawaiian vacation and planning to quickly get back in front of voters for his re-election bid. The president will host a live Web chat with supporters in Iowa on Tuesday night as the caucuses are unfolding. The next day, Obama will travel to Cleveland for an event focused on the economy to draw a contrast with his GOP challengers, Obama aides say. (AP)



ney and Paul atop the field in Iowa, with Santorum in third and gaining ground.

With his son, Kentucky Sen. Rand Paul, Texas Rep. Ron Paul urged supporters to "send a message tomorrow night that echoes not just around Iowa but ... around the world."

After absorbing a pounding in attack ads from Romney, Newt Gingrich conceded defeat in Iowa: "I don't think I'm going to win."

Texas Gov. Rick Perry took swipes at Romney, Santorum and Paul in an appearance in Sioux City. "If you have my back tomorrow at the caucuses, I'll have your back for the next four years," he said.

Minnesota Rep. Michele Bachmann unveiled her first television ad in months. It hailed her as Iowa-born and the only "consistent conservative fighter" in the race.

Throughout it all, Romney remained steady, advantaged by his well-funded campaign and a supportive super PAC. Yet polls suggested he was having trouble persuading Iowa Republicans that he was conservative enough.

DAVID ESPO AND MIKE GLOVER (AP)



Nature's Balance: Scientists say in a new study in the scientific journal *Biological Conservation* that the return of gray wolves has dramatically altered the landscape in portions of Yellowstone National Park by curbing foraging elk herds that prevented new aspen, willow and cottonwood trees from taking root. Wolves were reintroduced to Yellowstone in 1995 and 1996 after being killed off early last century. About 100 now roam the park. (AP)

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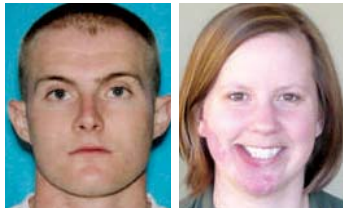
Suspected Mt. Rainier Gunman's Body Found

Mount Rainier National Park, Wash.

An armed Iraq War veteran suspected of killing a Mount Rainier National Park ranger managed to evade snowshoe-wearing SWAT teams and dogs on his trail for nearly a day. He couldn't, however, escape the cold.

A plane searching the remote wilderness for Benjamin Colton Barnes, 24, on Monday discovered his body lying partially submerged in a mountain creek lined by deep snow and rugged terrain hours from where authorities could get to him.

"He was wearing a T-shirt, a



Barnes

Anderson

pair of jeans and one tennis shoe. That was it," Pierce County Sheriff's spokesman Ed Troyer said.

Barnes did not have any external wounds and appears to have died due to the elements, he said. A medical examiner was at the scene to determine the cause of death. Troyer said two weapons were recovered, but he declined to

Park Gun Laws

The shooting renewed debate about a federal law that made it legal for people to take loaded weapons into Mount Rainier National Park. The 2010 law made possession of firearms in national parks subject to state gun laws. Bill Wade, the outgoing chair of the Coalition of National Park Service Retirees, said Congress should be regretting its decision to allow loaded weapons in national parks. He called Sunday's fatal shooting a tragedy that could have been prevented. He hopes Congress will reconsider the law that took effect in early 2010. (AP)

say where they were located.

According to police and court documents, Barnes had a troubled transition to civilian life, with accusations in a child custody dispute that he suffered from post-traumatic stress disorder after his Iraq deployments and was suicidal.

Barnes is believed to have fled to the remote park on Sunday to hide after an earlier shooting at a New Year's Day house party in Skyway, south of Seattle that wounded four, two critically. Authorities suspect he then fatally shot ranger Margaret Anderson.

Police believe Barnes headed to the remote park wilderness to "hide out." MIKE BAKER (AP)

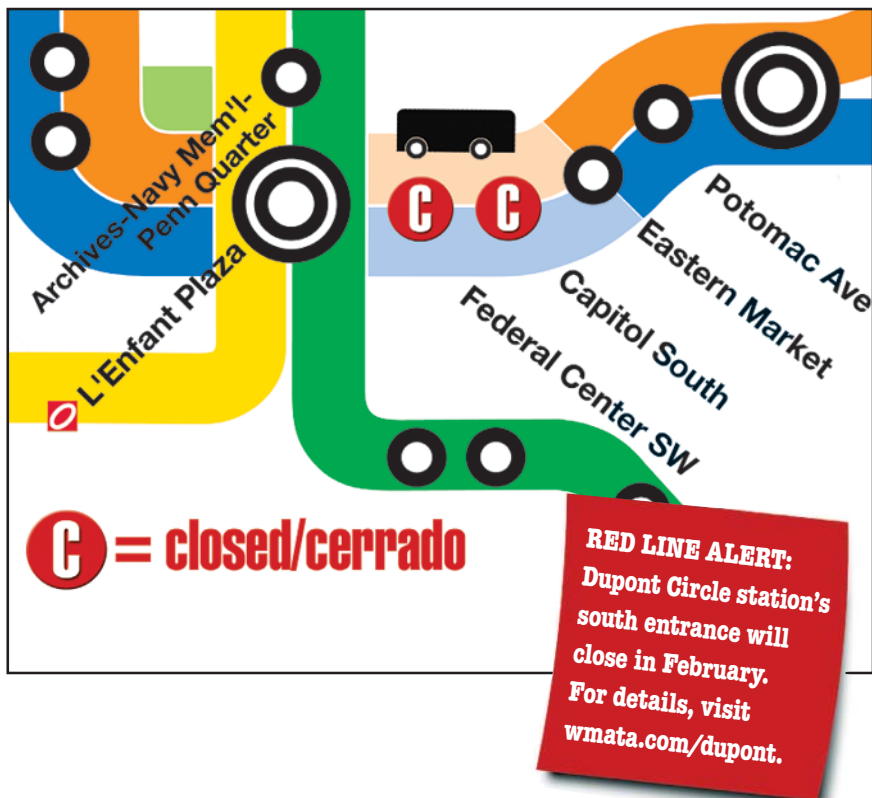


SCIENCE

Apocalypse Never

To calm those worrying about the end of the world, NASA created a Frequently Asked Questions page on its website to debunk doomsday predictions. It covers solar storms, giant meteors and the Mayan calendar, and says there's no scientific evidence the world will end in 2012. (EXPRESS)

Weekend Track Work



From Friday, January 13 at 10 p.m. to Monday, January 16 at closing: Buses replace trains on the Blue and Orange Lines between L'Enfant Plaza and Eastern Market stations.

Temporarily closing stations and suspending train service is necessary while Metro installs NTSB-recommended guarded #8 switches.

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Weekend Review



1 SEOUL, SOUTH KOREA

N. Korea: Improvements Ahead With New Leader

North Korea vowed Sunday to make an all-out drive for prosperity as it unites behind new leader Kim Jong Un, pledging to resolve food shortages, bolster its military and defend Kim "unto death." North Korea on Saturday named him the military's supreme commander. (AP)

2 MOSCOW

Russia Prevents Protest

Police detained 60 opposition activists on Saturday to prevent a protest in Moscow against the Kremlin. The protest aimed to continue a series at the end of months with 31 days, tied to Article 31 of the Russian Constitution, which guarantees freedom of assembly. (AP)

3 APIA, SAMOA

Samoa Skips Over Friday In Date Line Adjustment

The weekend came sooner for the South Pacific island nation of Samoa: At midnight Thursday, the country skipped Friday and moved into Saturday. Samoa shifted west of the international date line to align with its trading partners in the region, so it also became the first place in the world to ring in 2012. (AP)



AP

4 Airstrike Victims Buried

Mourners in Gulyazi, Turkey, on Friday carry the coffins of 35 villagers killed during military airstrikes on Wednesday, when Turkish officials mistook the civilians for Kurdish rebels based in Iraq.

5 "My resolutions, try to maintain humility and always curiosity. And of course diet!"

— **NEWS CORP CHIEF RUPERT MURDOCH**, BEGINNING 2012 BY SETTING UP IN A NEW FIELD OF COMMUNICATION: TWEETING VIA @RUPERTMURDOCH. THE ACCOUNT WAS OPENED OVER THE WEEKEND, BUT MANY DOUBTED ITS AUTHENTICITY BECAUSE MURDOCH, 80, HAS TRIED TO STAY OUT OF THE SPOTLIGHT.



6 NEW YORK

Verizon Abandons Plan To Charge \$2 Bill Pay Fee

Verizon Wireless on Friday dropped a plan to start charging \$2 for every payment subscribers make over the phone or online with their credit or debit cards. In a statement Friday, the company said "customer feedback" prompted the decision to drop the "convenience fee" it wanted to introduce on Jan. 15. (AP)

7 TORRES DEL PAINE, CHILE



Firefighters on Sunday battle a blaze in a national park in Torres del Paine, Chile. The fire has burned more than 48 square miles since Dec. 27. (AP)

8 NEW YORK

\$88B

The estimated worth of U.S. fuel exports in 2011, as gasoline, diesel and jet fuel became the U.S.'s top export for the first time. The U.S. is still the world's largest importer of crude oil, taking in an estimated \$280 billion worth. (AP)

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— Paul J. Corso, MD
Chief, Cardiac Surgery
Washington Hospital Center

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World

In Brief

RAMALLAH, WEST BANK Palestinians to Renew Efforts at Peace Talks

The chief Palestinian negotiator said Monday that his first meeting with Israelis in more than a year will be a last-ditch effort to salvage the peace process and warned that the Palestinians would explore alternatives if no progress is made. Tuesday's meeting will be the first since September 2010. (AP)

YANGON, MYANMAR Report: Prisoners to See Sentences Reduced

Myanmar's government announced Monday that it is reducing many prisoners' sentences. President Thein Sein signed a clemency order to mark the country's 64th anniversary on Wednesday, state media reported. It was unclear how many people would be affected. (AP)

NEW DELHI 2 Accused of Sacrificing Girl, 7, in Harvest Ritual

Two men have been arrested in India for allegedly killing a 7-year-old girl and cutting out her liver in a ritual sacrifice in October to ensure a better harvest, police said Monday. The two men could face life in prison or even the death sentence if convicted. (AP)

Hearsay

“There are fears about jobs and paying the bills. I know how difficult it will be to get through this — but I also know that we will.”



— DAVID CAMERON, BRITAIN'S PRIME MINISTER, IN A VIDEO MESSAGE ON MONDAY TO BRITONS ABOUT THE CHALLENGES AHEAD IN 2012.

Arab League Cites Gains in Syria

Group says regime is complying, though death toll is rising

Beirut

Syrian security forces are still killing anti-government protesters despite the presence of foreign monitors in the country, the head of the Arab League said Monday. But he insisted the observer mission has yielded important concessions from the Damascus regime, such as the withdrawal of heavy weapons from cities.

Syria's opposition cautioned the observers not to be taken in by President Bashar Assad's government, which has unleashed a military assault to crush a nine-month



“Yes, there is still shooting, and, yes, there are still snipers. Yes, killings continue. The objective is for us to wake up in the morning and hear that no one is killed.”

— ARAB LEAGUE SECRETARY-GENERAL NABIL ELARABY, SPEAKING MONDAY ABOUT THE CRACKDOWN IN SYRIA.

uprising. Opposition groups have been deeply critical of the mission, saying it is simply giving Assad cover for his crackdown.

The U.N. says more than 5,000 people have been killed since mid-March. Activists say that since the observers started their work in Syria on Dec. 27, hundreds have

been slain.

The monitors are supposed to verify Syria's compliance with an Arab League plan to stop the crackdown on dissent — a plan Syria agreed to on Dec. 19. The plan requires Assad's regime to remove security forces from city streets, start talks with opposition leaders

and free political prisoners.

Arab League Secretary-General Nabil Elaraby stressed the achievements of the Arab League mission, saying Syria's government has pulled tanks and artillery from cities and neighborhoods, and freed about 3,500 prisoners.

But the Local Coordinating Committees, an umbrella group of activists, said in a statement that regime has been disguising soldiers and army officers, and hiding their army vehicles to make it appear they are complying.

Rami Abdul-Rahman of the Syrian Observatory for Human Rights said that tanks have not been seen in Syrian cities since Thursday.

The LCC said 20 people were killed in Syria on Monday. ELIZABETH A. KENNEDY AND HAMZA HENDAWI (AP)

Malaysia Prepares to Usher in New Year



A WORKER HANGS TRADITIONAL PAPER LANTERNS on Monday at a temple in Kuala Lumpur, Malaysia, ahead of celebrations to herald the start of the Chinese New Year. The Year of the Dragon will begin on Jan. 23.

Militants: Terror Groups Aim to Up Afghan War

Dera Ismail Khan, Pakistan

Prominent al-Qaeda and Afghan Taliban fighters asked Pakistani militants in a pair of rare meetings to set aside their differences and step up support for the battle against U.S.-led forces in Afghanistan, militant commanders said Monday.

The meetings were held in Pakistan's tribal region in November and December at the request of the Afghan Taliban's leadership. They could indicate the militants are struggling in Afghanistan or that they want to make sure they hit U.S. forces hard as the Americans' withdrawal accelerates. That could give the Taliban additional leverage in any peace talks. (AP)

6 The number of women fined so far over France's ban on face-covering Islamic veils, French Interior Minister Claude Gueant said in an interview that was published in the daily newspaper *Le Monde* on Monday. French police have cited 237 women for defying the controversial law that took effect in April, but only six have been convicted, Gueant said. (AP)

Hearsay



“If North Korea shows its attitude of sincerity, a new era on the Korean Peninsula can be opened.”

— **SOUTH KOREAN PRESIDENT LEE MYUNG-BAK**, ON MONDAY OFFERING NORTH KOREA A “WINDOW OF OPPORTUNITY” TO IMPROVE RELATIONS AS ITS NEW LEADER, KIM JONG UN, BEGINS TO SETTLE IN AS THE NEW HEAD OF STATE.

Thais Navigate Flooded South



SUMETH PANPETCH/AP

MOTORISTS WADE THROUGH FLOODED STREETS in Thailand's Songkhla province on Monday. Days of heavy rain have inundated southern provinces in the country, which also saw vast flooding for months in 2011.

Iran: Missile Successfully Tested

Tehran, Iran

Iran test-fired a surface-to-surface cruise missile Monday in a drill its navy chief said proved Tehran was in complete control of the strategic Strait of Hormuz, the passageway for one-sixth of the world's oil supply.

There were suggestions that the missile could counter the U.S. naval presence in the Persian Gulf. There also have been conflicting comments from Iranian officials over Tehran's intentions to close the Strait of Hormuz and U.S. warnings against such an ominous move.

“The Strait of Hormuz is completely under our control,” Iran's

Backstory

Iran's 10-day naval maneuvers, scheduled to end Tuesday, were Tehran's latest show of strength in the face of mounting international criticism over its nuclear program. Iran has recently threatened to close the Strait of Hormuz, a critical oil supply route, as possible retaliation against new U.S. economic sanctions. (AP)

navy chief, Adm. Habibollah Sayyari, said after Monday's test.

Israeli Defense Minister Ehud Barak said the Iranian exercise was a show of strength intended “to deter the world from continuing sanctions against it.” (AP)

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Cover Story

'Anyone Could Win This'

Iowa caucus-goers are mostly unsure which GOP hopeful will get their vote

Des Moines, Iowa

For Republicans here, the ideal presidential candidate would blend Ron Paul's ideological passion with Mitt Romney's electability. Newt Gingrich's intelligence with Rick Perry's evangelical appeal. Add a dash of social conservatism from Michele Bachmann and Rick Santorum — and stir.

Yet, as Lila Reynolds, one of many undecided Iowa Republicans, laments: "There is no Prince Charming."



Unseen In Iowa

Former Utah governor Jon Huntsman is skipping Iowa's caucuses, staking his hopes on a strong showing in New Hampshire's Jan. 10 primary. The "it" factor was large in people's minds as they sifted through their choices in the final hours before Iowa becomes the first state in the nation to have a formal say in picking a Republican challenger to face President Obama in the fall.

Interviews with more than three dozen Iowa voters in recent days found a restless GOP electorate here, with many voters still up for grabs. A bunch seemed to be struggling with exactly what they wanted, not just from a particular candidate but from the heart and soul of a Republican Party fractured between tea party activists, evangelical Christians and mainline fiscal conservatives.

For many voters, the process boils down to a hard choice between the safe, pragmatic candidate who stands

Caucuses, Explained

The caucuses are essentially community meetings that have served as a launching pad to the nomination, and often to the White House, for the past 40 years, though they've been around since the 1840s. Candidates hope that a good showing in Iowa will give them a burst of publicity to improve their chances in New Hampshire on Jan. 10 and in other early voting states.

Turnout

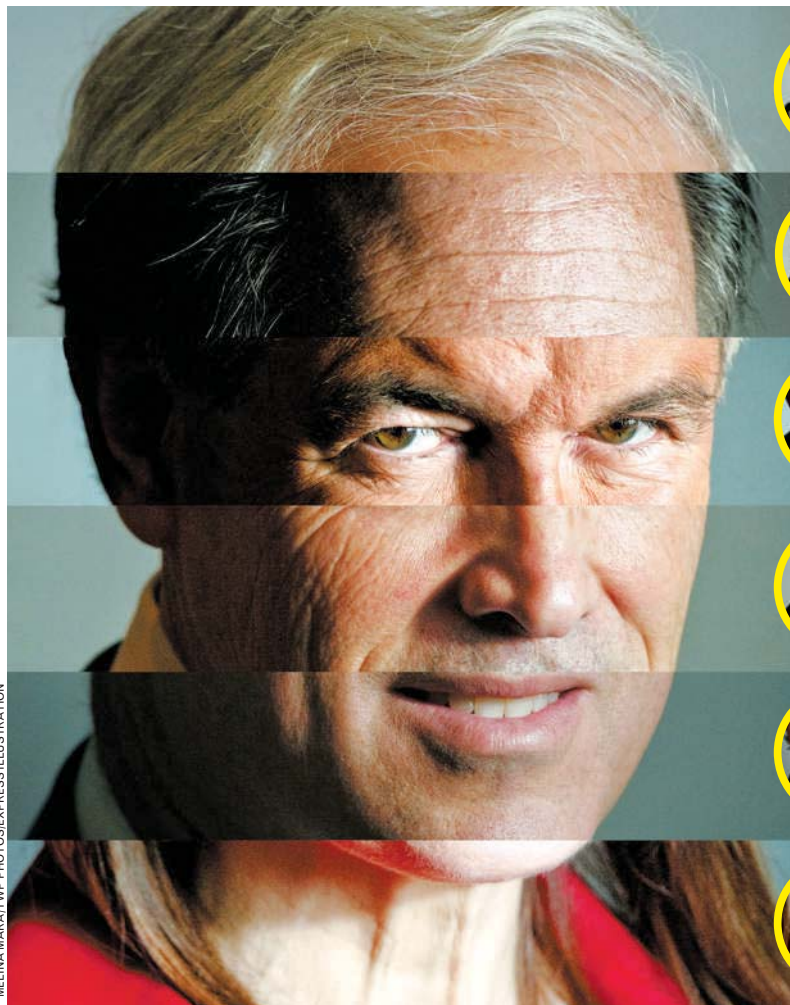
Turnout will certainly be lower this year, as President Obama is unopposed. And the GOP turnout may not exceed the record-setting 120,000 attendees of 2008.

In Iowa ...

Caucuses are held for all of the state's 1,774 voting precincts, some where only a handful of voters gather, others in big community centers that host several precincts.

Logistics

After electing a chair to run the meeting and a secretary, any Republican can speak in favor of a candidate. Participants cast ballots, which are counted, and the results are called in to Republican party headquarters. (AP)



MELINA MARATWIP PHOTOS/EXPRESS ILLUSTRATION



Ron Paul

With a more structured Iowa organization than in 2008, the Texas representative has steadily gained ground in the past two months.



Mitt Romney

The reluctance to back the former Massachusetts governor is one of the defining themes of this Republican race.



Newt Gingrich

The former House speaker said on Monday that he doesn't expect to win in Iowa after being battered by an onslaught of negative ads.



Rick Perry

The Texas governor is competing for the more conservative caucus-goers, particularly evangelicals driven by social issues.



Rick Santorum

Based on the polls, the former Pennsylvania senator is surging, after working the state one voter at a time for the past few years.



Michele Bachmann

Trailing badly in the polls, the Minnesota representative joined the Iowa television ad fray Monday, pushing her hometown ties. (AP)

the best chance of trouncing Obama or the fervent, ideological purist who sets the heart racing but is a far riskier bet in a general election.

They're mulling these questions: Do they value electability more than anything else and buy Romney's argument that he alone stands the best chance of defeating Obama? Or do they vote with their emotions and side with a candidate like Santorum, considered a Republican who more closely advocates on their behalf on social issues? There's a third option: stay home, frustrated at the prospect of nominating someone who doesn't entirely fit the bill.

Muddling matters further has been a lack of consensus within the GOP about attributes the nominee needs to possess.

41%

The portion of likely Iowa caucus-goers who could be persuaded to change their minds, a Des Moines Register poll released Saturday found.

7%

The amount of likely Iowa caucus-goers polled who had no first-choice candidate. (AP)

Many tea party activists have tended to seek out tough-talking Republicans who will take it to Obama. A chunk of cultural and religious conservatives crave a candidate who adheres strongly to their top issues, like opposition to abortion and gay rights. And a slew of

establishment Republicans hunger for a fiscal conservative who will reverse the bloat of the George W. Bush years.

With the economy still struggling, voters seem to be looking less at the nuts and bolts of the candidates' economic policies than at someone with the leadership and vision to pull the country up by its bootstraps. They draw parallels to Ronald Reagan coming in after Jimmy Carter, bringing with him a new tone to a country in malaise.

"Anyone could win this," said Ray Starks, a 17-year-old from Dyersville who is participating in his first caucuses. "People still haven't made up their minds. We're still looking for Ronald Reagan — someone who has a message, someone you want to follow." SHANNON MCCAFFREY (AP)

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Va. Kicks in \$150M for Silver Line

McDonnell OKs deal to help fund second phase of Dulles rail

Transit

Virginia Gov. Robert F. McDonnell, a Republican approved a deal Friday to help pay for the \$2.8 billion second phase of the Dulles Metrorail line but stressed that he still expects the agency overseeing construction to meet certain conditions.

State officials, however, said they don't intend to withhold Virginia's contribution to the project.

In a Dec. 30 letter to the Metropolitan Washington Airports Authority (MWAA), McDonnell said he wants the authority to "fully comply" with a new federal law that gives Virginia more representation on the MWAA's board. The board has opposed adding more seats.

McDonnell also asked for the "opportunity to examine all relevant proposed contract documents" on the second phase of the project to make sure they don't violate Virginia's right-to-work law.

In November, the airports authority approved a "project labor agreement." That sort of deal usually dictates provisions such as work rules.



Workers walk in a tunnel in the Tysons Corner area of the Dulles rail project.

Some Virginia lawmakers introduced legislation in December to try to stop the state from

contributing money to the project because they are concerned that the MWAA's labor agreement would violate the state's laws.

However, Martin Kent, McDonnell's chief of staff, said the governor had signed and returned the memorandum of understanding Friday and does not plan to withhold funds.

"The commonwealth has agreed to pay the \$150 million, but the governor raised several outstanding items related to the recently passed federal legislation that he asks be resolved as we move forward," Kent said.

DANA HEDGPETH AND ANITA KUMAR
(THE WASHINGTON POST)

Changes for ART

The new year will bring with it route and schedule changes for one Arlington Transit route. Metrobus 3 will continue to run on Lee Highway. ART route 62 will still serve the Courthouse, Clarendon and Ballston Metro stops, but several stops are being eliminated:

- ▶ North Stafford Street and 13th Street North (east/westbound)
- ▶ Lee Highway and North Highland Street (east/westbound)
- ▶ Lee Highway and North Cleveland Street (eastbound)
- ▶ Lee Highway and North Calvert Street (westbound)
- ▶ Lee Highway and North Adams Street (east/westbound)
- ▶ North Veitch Street and Key Boulevard (east/westbound)

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In Brief



The rate increase on the Dulles Toll Road will help pay for the Silver Line project.

WASHINGTON

Dulles Toll Road Rates Increase With New Year

Tolls on the Dulles Toll Road in Virginia increased on New Year's Day. The new rates for cars are \$1.50 at the main toll plaza. That's up 25 cents. Car drivers will continue to pay 75 cents at the on/off ramps. Larger vehicles will also pay more. The tolls will help pay for construction of the Dulles Corridor Metrorail Project. (AP)

BETHESDA

Police Identify 2 Killed In New Year's Day Crash

Montgomery County police have identified two people who were killed in a single-vehicle crash in Bethesda. Police say 20-year-old Nicholas Clayton and 18-year-old Kaitlin Gallagher died at the scene of the crash on Jones Bridge Road near Lancaster Drive shortly before 3 a.m. Sunday. (AP)

ALEXANDRIA

Body Found in Marina

Fairfax County police say they are investigating the discovery of a man's body at a marina in Alexandria. Police say two recreational boaters found the body floating in the Potomac River at the marina in the 6400 block of George Washington Memorial Parkway early Monday morning. (AP)

Va. AG Backtracks on '12 Ballot

Cuccinelli will not seek rule change to accommodate GOP

Richmond, Va.

Attorney General Ken Cuccinelli is no longer pushing for an immediate change to rules that kept two candidates off Virginia's Republican presidential primary ballot.

Newt Gingrich and Rick Perry failed to submit the required 10,000 signatures of registered voters. They've gone to court to challenge their exclusion from Virginia's bal-

lot, which at this point will include only Mitt Romney and Ron Paul.



Cuccinelli

Cuccinelli said in a statement Saturday that ballot access laws need to be changed not for any candidate or party, but for the voters. He backtracked Sunday, saying there's no way to change the rules for the March 6 primary and

still be fair to the candidates who already qualified.

"While I will vigorously support efforts to reduce the hurdles to ballot access in Virginia for all candidates, I will not support efforts to apply such changes to the 2012 presidential election," the Republican officeholder said.

"I do not change position on issues of public policy often or lightly," he added.

"But when convinced that my position is wrong, I think it necessary to concede as much and adjust accordingly."

Several Republican presiden-

tial hopefuls say Virginia should put their names on the GOP primary ballot despite their failure to meet state requirements.

Last week, Perry claimed in a lawsuit that Virginia's requirement of 10,000 signatures by registered voters, with 400 from each of its 11 congressional districts, violates his freedom of speech.

Lawyers for Gingrich, Michelle Bachmann, Jon Huntsman and Rick Santorum joined Perry in asking the Virginia State Board of Elections and the Republican Party of Virginia to add them to the ballot. (AP)

washingtonpost.com



KATHERINE FREY/TWP

LACTATION CONSULTANT LYNETTE HAFKEN explains the benefits of breast-feeding to a pregnant woman in the WIC program Dec. 21. Children's National Medical Center in D.C. offers a new lactation program for women in the Skyland section of Southeast, where, officials say, rates are low. According to research by the Centers for Disease Control and Prevention, African-American mothers nationwide lag behind mothers in other racial and ethnic groups in breast-feeding. | postlocal.com

Region's First Baby of 2012 Comes at 12:12

Clinton, Md.

There was a certain symmetry to the arrival of the Washington area's first baby of the new year. As 2012 made its debut, so did a baby girl in Maryland — at precisely 12:12 a.m.

She is the first daughter — and the third child — of Irja and Greg Bonafede, a military family from Upper Marlboro, Md., and weighed in at 8 pounds, 10 ounces at Southern Maryland Hospital Center in Clinton, Md. Her mother went into labor at the Baltimore Train Museum, where the family spent much of Saturday.

"We were a little astounded," said Greg Bonafede. "We had no idea it would be smack-dab at midnight."

(THE WASHINGTON POST)

The Lotteries

Monday, Jan. 2

Maryland

Mid-day Pick 3 5-6-2
Evening Pick 3 (Sun.) 7-4-8
Mid-day Pick 4 2-4-6-0
Evening Pick 4 (Sun.) 7-5-4-9
Match 5 (Sun.) 9-13-20-26-32 (6)

District

Mid-day Lucky Numbers 0-9-5
Evening Lucky Numbers (Sun.) 1-4-6
Mid-day DC 4 6-6-6-9
Evening DC 4 (Sun.) 5-4-9-1
Mid-day D.C. Five 2-2-5-3-8
Evening D.C. Five (Sun.) 5-0-2-1-4

Virginia

Mid-day Pick 3 3-5-7
Evening Pick 3 (Sun.) 7-8-6
Mid-day Pick 4 6-4-6-1
Evening Pick 4 (Sun.) 5-6-7-2
Mid-day Cash 5 (Sun.) 2-6-10-25-29
Evening Cash 5 (Sun.) 2-11-13-14-33

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

0

The number of homicides reported in Arlington County in 2011. Detective Crystal Nosal says it has been at least 50 years since Arlington has ended a year with no homicides. (AP)

Sports

In Brief



Michigan State's Kirk Cousins celebrates a TD pass against Georgia Monday.

COLLEGE FOOTBALL

Michigan State Tops Georgia, 33-30, in 3 OTs

Kirk Cousins threw for 300 yards and one touchdown, and Dan Conroy kicked a 28-yard field goal in the third overtime, giving No. 12 Michigan State a 33-30 victory over No. 18 Georgia in the Outback Bowl on Monday. Georgia's Blair Walsh missed a 42-yarder in the first overtime and had a 47-yard attempt blocked on the final play of the game. (AP)

COLLEGE FOOTBALL

South Carolina Handles Nebraska Easily, 30-13

Connor Shaw threw two touchdown passes and No. 11 South Carolina had six sacks as the Gamecocks shut out Nebraska in the final three quarters of a 30-13 win in the Capital One Bowl on Monday. The victory gave South Carolina 11 wins for the first time in school history and snapped a string of three-straight bowl losses. (AP)

COLLEGE FOOTBALL

Florida Beats Ohio State, 24-17, Avoids Losing Year

Florida's special teams came up big in the Gator Bowl, scoring twice as the Gators beat Ohio State 24-17 on Monday in a game between Urban Meyer's old team and his future one. Andre Debose returned a kickoff 99 yards — the longest scoring play in bowl history — and Chris Rainey blocked a punt that was returned for a touchdown. The speedsters helped the Gators (7-6) avoid their first losing season since 1979. (AP)



GETTY IMAGES PHOTOS

Is Ovi Back?

The Capitals' captain is on a roll, and it may last

The Capitals

After scoring his second goal of the night on Saturday, zipping a vintage snap shot past Buffalo Sabres goalie Ryan Miller, Alex Ovechkin heard his name called in a way he hasn't heard in months.

Instead of the chiding "O-viii" serenade fans from Winnipeg to Pittsburgh have rained down on him this season, it was the congratulatory "OVI, OVI" of Caps fans saluting his third multi-goal game of the season in a 3-1 win over the Sabres.

For an encore, the Russian notched two third-period goals the next night in Columbus to help the Capitals defeat the Blue

Jackets 4-2 and complete a comeback from a 2-0 deficit.

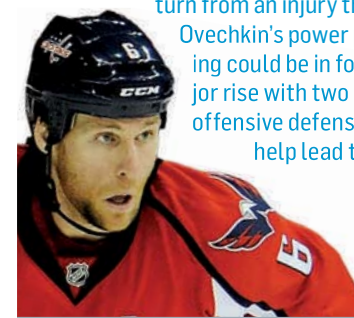
His five-goals-in-four-games performance puts Ovechkin at 16 goals on the season, which makes him the team leader in the category and serves as a sign the Ovechkin of old may be back after being missing in action for months.

The captain is also on a six-game scoring streak, the longest of the season and longest since last February, when Ovechkin went seven-consecutive games with a point.

The Caps' success will rely heavily on whether Ovechkin can continue generating offense. Here are a few reasons the Great 8 might rule again. REED S. ALBERS

Point on the power play

Early in his career, Ovechkin made a name for himself by ramming home one-timers for power play goals. Now he's manning the point, quarterbacking the power play and providing a scoring presence from the high slot. In the past week's four games, Ovechkin has three power play goals, which ends an extra-man scoring drought that goes back to Oct. 29. His five power play goals this season are just two scores shy of reaching last year's total of seven. Ovechkin is also helped by the presence of defender Dennis Wideman on the blue line with him. With Green's potential return from an injury this week, Ovechkin's power play scoring could be in for a major rise with two effective offensive defensemen to help lead the unit.



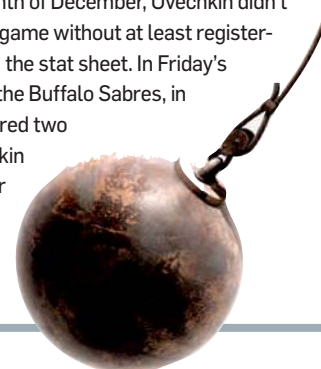
A wrecking ball attitude

Dale Hunter has a theory why Ovechkin is suddenly scoring again — he's hitting more.

"Since I've been here, he's been taking the body; he has one of the top hits," he said. "He hits and plays hard, and that's his game. By doing the right thing, the scoring chances are coming."

Ovechkin has always been vaunted for his physicality, but in his most recent scoring stretch, the hits seem as vicious as the shots beating the goaltenders.

In the month of December, Ovechkin didn't play a single game without at least registering one hit on the stat sheet. In Friday's 3-1 win over the Buffalo Sabres, in which he scored two goals, Ovechkin recorded four hits.



The boys are back together

Ovechkin has had numerous line mates throughout his career, but perhaps no combination stands out as the most dangerous as his pairing with Nicklas Backstrom and Alexander Semin. Then-Caps coach Bruce Boudreau famously put the line together whenever he needed a jolt of offense, and new coach Dale Hunter did exactly the same thing in Friday and Saturday's win. "They're very good players and they've played together before and we put back a checking line [Hendricks-Beagle-Knuble] together and we put a scoring line together," Hunter said. "So it's just that combination I guess." It's a hockey cocktail of skill, skill and more skill that hasn't jump-started just Ovechkin, but also his countryman Semin. Since the line was put back together, Semin has a goal and two assists in two games.

Grossman: I Can Cure INT Woes

QB is confident that he will cut turnovers with off-season work

The Redskins

Washington Redskins quarterback and free-agent-to-be Rex Grossman said Monday morning that he doesn't know what his future holds, but he is confident that he can cure his ever-present interception bug.

Grossman and his teammates reported to Redskins Park for a season-ending meeting Monday morning. Grossman completed 57.9 percent of his passes this season for 3,151 yards and 16 touchdowns. But he also threw 20 interceptions and lost five fumbles in 13 games.

Offensive coordinator Kyle Shanahan has said that for Grossman to

succeed in the future, he needs to cut down on his turnovers. In his nine seasons, Grossman has appeared in 54 games. He has thrown 56 touchdowns and 60 interceptions.

"Whether I'm here or not ... you try to work on some things you know you can do better."

— REX GROSSMAN, SPEAKING MONDAY ABOUT HOW HE PLANS TO TACKLE HIS INTERCEPTION PROBLEMS.

When asked whether he thought that was possible, Grossman answered confidently. "Definitely," he said.

Grossman said he is headed back to his home in Florida, where he will throw passes to NFL draft hopefuls three times a week. MIKE JONES

(THE WASHINGTON POST)



Rex Grossman walks off the field during the Redskins' Sunday loss to the Eagles.

JOHN McDONNELL/TWP

Meanwhile ...



Redskins coach Mike Shanahan made the unusual decision to allow some Navy SEALs and a Marine to

lead the team's final meeting of the year Monday morning at Redskins Park. The troops talked about the themes that are common to a military unit and an NFL locker room. "I thought it was amazing," said tight end Chris Cooley. "It really puts into perspective what we do." Not everyone was impressed with the way the Redskins handled the players' final day. Tackle Sean Locklear Tweeted Monday: "Worst exit meeting ever! No coaches, no front office, just physical's and goodbye to teammates! We did just spend 5 mos together, WOW!"

(THE WASHINGTON POST)

Colts Fire Both Polians but Keep Caldwell

Pro Football

Cleaning out the Colts' front office may be only the start of the changes in Indianapolis.

Team owner Jim Irsay fired team vice chairman Bill Polian and his son, Chris, the Colts' general manager, on Monday, though he decided to keep coach Jim Caldwell. He must still decide whether a healthy Peyton Manning and a new quarterback can coexist in the same locker room and which veteran free agents come back next year, if any.

"I don't think there's ever been a year in the NFL where a team went 2-14 and there's not been changes," defensive captain Gary Brackett said Monday, less than 24 hours after a season-ending loss at Jacksonville. (AP)

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Sports



Va. Tech QB Logan Thomas (3) runs in the ACC championship game against Clemson.

Sugar Bowl Touts Major Physicality

Va. Tech to step up
intensity to deal with
Michigan's brawn

College Football

Less than a year removed from giving up eight sacks to Stanford in the Orange Bowl, Virginia Tech's oft-criticized offensive line had a banner season this year, tying with Georgia Tech for the fewest sacks allowed in the ACC while right tackle Blake DeChristopher was selected as the best blocker in the conference. But count Michigan's defense among those unconvinced.

"I really don't think any offensive line can stand up to our physicality," Wolverines defensive end Craig Roh said.

"If our D-line plays the way we know how to play, I don't think anyone in the country can."

To prepare for that, Hokies offensive line coach Curt Newsome said the team's bowl practices have been more intense than a year ago, with extra practice time dedicated to playing physical at the line of scrimmage.

It doesn't hurt that six of the 13

Players to Watch



Virginia Tech

Senior WRs Jarrett Boykin (180 catches; 2,854 yards) and Danny Coale (157; 2,541) rank first and second in career catches and yards receiving for the Hokies.



Michigan

Michigan: Dual threat QB Denard Robinson is not relied upon under Brady Hoke's regime as he once was to create the bulk of the offense, but he remains a constant big-play threat.

sacks Virginia Tech allowed this year came against Clemson, the Hokies' most recent opponent.

"We've gone up against a lot of speed guys; these guys are more powerful, more physical, hit-you-in-the-mouth kind of defense," DeChristopher said Saturday.

"We've had a very good season, but you're only as good as your last one," Newsome said. "And we don't want that to be our last one. They've played their tail off this season. We've come a long way."

MARK GIANNOTTO (THE WASHINGTON POST)

Sports



The Flyers' Harry Zolnierczyk, left, skates behind the Rangers' Henrik Lundqvist.

Rangers Top Flyers, 3-2, In Winter Classic Skate

Hockey

Mike Rupp scored two goals and Brad Richards posted the winner on top of a chilly baseball field, as the New York Rangers outlasted the Philadelphia Flyers, 3-2, in the Winter Classic on Monday at Citi Field.

Playing on a rink that stretched from first base to third base, the Rangers made the league's fifth Classic event a memorable one, rallying from a 2-0 deficit to stay atop the Eastern Conference standings.

The NHL surrounded the rink with Christmas trees, fire wood, fake snow and even trash-can fires. But there was nothing artificial in the elements with snow flur-

ries late in the second period and temperatures that dipped into the 30s, forcing 49,967 fans to bundle up for the big game.

Rookie Brayden Schenn and Claude Giroux scored for the Flyers.

Flyers center Danny Briere was stopped by Henrik Lundqvist on a penalty shot with 19 seconds left, as New York won for the third time this season against Philadelphia.

The Flyers ended the game without star forward Jaromir Jagr, who played only a minute in the second period before leaving the game for good. The Flyers did not say what was wrong with the 39-year-old star, though he pointed to his back as he sat on the bench.

DAN GELSTON (AP)

TV Lineup

SOCCER (2:55 P.M., ESPN2) Liverpool has a chance to move into the Barclay's English Premier League's top four if it can beat Manchester City at Etihad Stadium.

CAPITALS (7 P.M., CSN) The Caps look to get back in the win column when they host the Flames, who've lost three in a row on the road.

TERPS MEN'S HOOPS (8 P.M., ESPN3) Maryland closes out its six-game homestand against Cornell after its first perfect December since 2008.

COLLEGE HOOPS (7 P.M., ESPN2) No. 10 Michigan State travels to No. 18 Wisconsin for a matchup of traditional Big 10 powerhouses.

HOKIES FOOTBALL (8:30 P.M., ESPN) No. 17 Virginia Tech plays No. 13 Michigan in the Sugar Bowl at the Superdome in New Orleans.

HOCKEY (8 P.M., NHL) While the Red Wings have won 12 straight at home, they've dropped six of nine on the road heading into their skate against the Stars.

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Guinea Pig | Temp Job

Thermometers often go into some odd places — and can make taking your kid's temperature more traumatic than any fever. But Vicks Behind Ear Thermometer (\$30) hits the spot. Put it in the hollow beneath the lobe, push a button, and in one second the big LCD screen will offer a reading (helpfully color-coded, from cool-as-a-cucumber green to freak-out red). There's also a memory function so you can save the past eight measurements.



Nicole Nichols, front, chose backup exercisers with strong but realistic physiques to make the program less intimidating.

Month of Muscle

SparkPeople trainer Nicole Nichols asks for only 28 days to get you into shape

If you've seen a Nicole Nichols workout before, chances are it was on YouTube. The fitness expert, known as just Coach Nicole to the millions of members of SparkPeople.com, has filmed dozens of routines for the free health website. The popular videos showcasing her girl-next-door style, gentle encouragement and clear cueing have built such a devoted following that the American Council

on Exercise and Life Fitness just named her "America's top personal trainer to watch."

But "SparkPeople: 28 Day Boot Camp" (\$17, Acacia) is her first slickly produced DVD and a chance to bring her fans something beyond the quick hits she's been able to offer online. "We put it all together so you get more done

in less time. There's upper body, lower body and cardio intervals throughout to elevate the heart rate more," she says.

Viewers can choose from four segments, ranging from 12 to 30 minutes. (The longest one, which is packed with kettlebell-inspired swings and lifts, is Nichols' favorite.) The DVD includes a calendar

"We put it all together so you get more done in less time. There's upper body, lower body and cardio intervals throughout to elevate the heart rate more."

with a suggested plan for how to mix up the workouts, so you're rarely repeating moves. And when you are, Nichols hopes you get comfortable challenging yourself with the more difficult modifications — which might mean balancing on one leg while you perform that lateral raise or turning a step into a jump. "Whatever your level, there is something for you," she says. "But I wanted to give people something to progress to."

One unusual feature of the program is the countdown clock on the screen during each of the segments, reminding you of exactly how much longer you need to sweat it out. "I like to know I'm making progress. I find that motivating," Nichols says.

At the end of the 28 days, which is how long research has shown it takes people to establish a habit, Nichols is certain you'll see some progress of your own.

VICKY HALLETT (EXPRESS)

More Home Work(outs)

Personal Training with Jackie: 30 Day Fast Start (\$15, ANCHOR BAY)



Celeb body sculptor Jackie Warner's technique for breaking through plateaus is "power pyramid training." She pairs two exercises (such as push-

ups and hammer curls) and forces you to do one of each, then two of each, and so on until you reach 10 reps. That's 55 altogether. Choose between the upper-body routine and the lower-body (and abs) routine or do both, which takes about 50 minutes — and every ounce of your strength.

Sculpt & Burn Body Blitz (\$15, LIONSGATE)

Short on time? You need only 10 min-



utes for each of these four workouts with local gal Denise Austin. (The warm-up and cooldown add 10 minutes.) Austin pep-

talks you through mixed martial arts (kicking drills), athletic conditioning (jump like a basketball player!), kettlebell-inspired moves (swing a dumbbell) and cardio sculpt exercises (effective combos that target two muscle groups at once).

Aim True Yoga

(\$15, GAIAM)

Kathryn Budig sneaks tricky stuff into both her beginner's practice (25 minutes) and authentic flow (45 minutes). But her disarming teaching style will



keep a smile on your face, regardless of whether you manage to keep up. Budig also breaks down poses in a 10-minute "workshop" that provides pointers on launching into crow and balancing during half-moon. Her pose prep secret is learning how to compact your body into a "tiny little package." It'll get tinier if you stick with Budig. v.h.

STICK WITH IT • Nichols' tips for keeping your New Year's resolution



1 Be realistic. "It's important that expectations aren't over the moon," she says. "That's what sets you up for failure."

2 Set your alarm clock earlier. "Morning workouts work for people for a reason. Nothing else will get in the way, and being tired is your only excuse," she says. Later in the day, you'll find many more reasons you don't have time.

3 Prioritize. When people say they can't fit exercise in their schedule, Nichols always asks, "How much TV do you watch?" Use your shows as a reward for your workout instead of the replacement, she suggests.

baggagecheck



BENDEPENT.COM

Tag the Reason This Bothers You

Q I recently went on my boyfriend's Facebook page to view some photos he had posted of us only to find photos of him being highly affectionate with his ex. When confronted about the photos, my boyfriend just shrugged them off and refused to delete them from his Facebook page. How do I talk to him about this without acting like a drama queen? **ANNOYED**

Well, did he give a reason for not wanting to delete them, like there were other people in them that he wanted to remember? Or that he's still yearning for his ex with the heat of a thousand white-hot suns?

This is tricky, because they could be "just pictures" to him. But in that case, it shouldn't be so momentous for him to delete them. Be honest with yourself about why they bother you: Are there signs besides this that he might not be over her? Or is this about how he never seems to prioritize your wishes over his about anything? Or is this about being embarrassed of what your friends might think of the pictures? If this were purely an isolated incident, I'd imagine you'd have an easier time letting it go. I'm guessing there's a bigger picture here and a bigger conversation.



By Dr. Andrea Bonior

@ Send your questions to Dr. Andrea Bonior at baggage@readex-press.com. Andrea is a local clinical psychologist and author of the book "The Friendship Fix" (friendshipfix.com).

Find a Place in the Crowd

Q I feel like I'm constantly sabotaging myself in terms of getting close to people. I've lived in a lot of different places for my career, and I'm always about to move. I've used this as an excuse. But now I'm almost 30 years old, and I really don't have a community of friends. How do I begin to break down these walls I've put up? **ALONE**

I can't say I wrote a book on this without sounding obnoxious — but I wrote a book on this. Acknowledging to yourself that this is a negative pattern is a great first step, and from there you'll have to slowly push yourself out of your comfort zone. It starts with some small goals.

Think about potential prospects for friendship and what the next step would be to connect with them further — in person. Think about

what you might reveal in a conversation that you might not normally say to break you out of your shell a little bit. Think about taking the initiative to get a few people together, even if just for take-out. And then monitor yourself — for excuses and for self-sabotage. The more you can be mindful in the moment of opening yourself up, the more those moments will add up to some beautiful relationships.

Event Horizon

Open Barre

If your New Year's resolution involves losing weight and saving money, get thee to Barre3 in Georgetown (1000 Wisconsin Ave. NW; 202-450-3905, Barre3.com/georgetown). It's the first D.C. location for the barre fitness chain that blends ballet moves with Pilates and yoga — and it's best known for having Madonna as a client. From opening day on Wednesday through Jan. 10, all classes will be free. Sign up online to make sure you get a spot.

Meet The Trainer

Patrick Ocheni

*Certified Personal Trainer
Rockville Gold's Gym*

Patrick has a long track record of success with clients, including training the ultimate winner of the 2011 Gold's Gym "Get Fit Challenge." He has over a decade of experience in the fitness industry and is the author of the book "How to Get a Flat Stomach." Patrick holds a B.S. in electrical engineering from the University of Maryland.

Certifications:

National Council on Strength and Fitness Certified Personal Trainer; Aerobics and Fitness Association of America Certified Group Exercise Instructor.



To schedule an appointment with Patrick or another Gold's trainer, come to a Gold's Gym location near you or visit our website.

Trainer Tip of the Week

Be realistic when setting your fitness goals this year. Divide your ultimate goal into short-term, attainable goals to keep you motivated on your journey to better health!

Come back next week for more Gold's Gym Trainer Tips!



To find a Gold's Gym near you, visit:

GoldsGym.com

FREE 7-DAY PASS

Good at 14 Gold's Gym International locations in the Washington, DC metro area. Offer expires 1/31/12

Deals



JANUARY IS QUITE POSSIBLY the worst time of year to be a gym member, due to crowds. But it could be a smart time to become a gym member if you're hunting for a deal. Just remember that with most memberships, you're on the hook for monthly dues for at least a year. So you'd better hope your New Year's resolve lasts past February. V.H.

Washington Sports Clubs

No initiation fee and January is free. (18 AREA LOCATIONS; MYSPORTSCLUBS.COM)

Results Gym

No initiation fee and January is free. Sensing a trend? (315 G ST. SE AND 1101 CONNECTICUT AVE. NW; RESULTSTHEGYM.COM).

Sport & Health

No initiation fee and January is free. Plus, score a complimentary personal training session and 30 days of online nutrition and meal planning. (25 AREA LOCATIONS; SPORTANDHEALTH.COM)

Vida

The typical \$199 enrollment fee has been reduced for the month (to \$39-\$79, depending on location). (5 D.C. LOCATIONS WHEN 445 K ST. NW OPENS MID-JANUARY; VIDAFITNESS.COM)

Mint Fitness

Get a discounted initiation fee — \$149 — and pay no dues until March 20. (1724 CALIFORNIA ST. NW AND 1001 16TH ST. NW; MINTDC.COM)

City Fitness

No initiation fee and January is free. Plus, get three personal training sessions. (3525 CONNECTICUT AVE. NW; CITYFITNESSGYM.COM)

LivingWell Health Club

Pay a \$49 enrollment fee and your first two months are free. (1919 CONNECTICUT AVE. NW; LIVINGWELLWASHINGTON.COM)

This Could Hurt — a Lot

Tony Horton, creator of the popular P90X program, offers up an even tougher sequel

To give you a sense of what you're up against if you attempt to make it through P90X2, the sequel to the phenomenally popular P90X fitness program, here's a sample exercise: the four medicine ball push-up. Yes, that means having a ball under each hand and foot. "It's like doing push-ups during an earthquake," says Tony Horton, who created the original program eight years ago.

"If you're not in shape, it'll be like climbing Everest."

— TONY HORTON, P90X2 CREATOR

That 90-day, 12-DVD regimen has sold 3.5 million copies, persuaded politicians from both sides of the aisle to sweat it out together at the House gym and become shorthand for "really hard workout."

Now it's time for an even harder workout. P90X2 (\$139.80, Beachbody), which shipped in time for the holidays, is designed for folks craving more "muscle confusion," meaning a mishmash of moves designed to keep viewers' bodies guessing.

What's new for version two is that the cardio's gone, replaced with workouts emphasizing a combo of speed, power and balance. And there are plenty of exercises Horton expects no one to be able to pull off on the first attempt, including lever pull-ups (performed with your body parallel to the ground rather than perpendicular) and a push-up variation he's dubbed "the impossible." "If you're not in shape, it'll be like climbing Everest," Horton says.

Bringing such a demanding program into people's living rooms concerns Ed Ingebreetsen, director of training at Results Gym. His worry is that Horton's



Balancing on medicine balls during exercises, such as in this variation on the renegade row, forces your core to work harder.



There's no cardio-specific DVD in the P90X2 set, but users' heart rates will still soar.



encouragement to "Bring it!" can push people beyond what's safe. "If you want intensity, jump out of a plane. Intensity doesn't mean fitness," he says. "Guys especially can blunder through something, and it can trash your body."

Horton tries to temper overzeal-

ousness with his other motto, "Do your best and forget the rest." He makes it clear there's no shame in choosing a simpler modification for an exercise or hitting the pause button while you figure out a move. And if something is deemed too risky, it's cut from the DVDs. For instance, P90X2 viewers won't see the four-ball pike press, a variation on the four-ball push-up that's done in downward-facing dog position. It's great for your delts, but not for your skull if you manage to smash your head into the ground.

The first clue about whether P90X2 is striking the same chord as the original will come in about

three months, when the earliest adopters complete their initial pass through the program. If they emerge buff rather than broken, it may not be long until we start seeing commercials for P90X3.

How to Power Up

Time to add a new phrase to your vocabulary: post-activation potentiation (PAP, for short). It's been gaining popularity as a way to maximize athletic performance, and it's the basis of two P90X2 workouts.

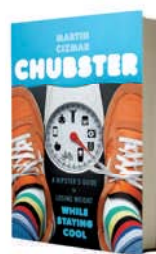
A PAP sequence, Horton explains, is a string of strength moves and explosive moves paired to get the muscles to generate more power. Here's an example: Start by holding dumbbells, step onto a bench and raise the other knee in the air, then step back down to the ground and sink into a lunge. Do eight to 10 on each side. Next up is a skating movement, leaping from side to side "like a tennis player chasing a ball down," Horton describes. Finish off the series with a side plank on your forearm, lifting the top leg up, and keeping your toes facing forward to isolate your glute for 30 seconds.

VICKY HALLETT (EXPRESS)

Pumping Irony

The hipster method to slimming down involves frozen food and smart boozing

Martin Cizmar dropped 100 pounds over eight months without giving up drinking, fast food or his aversion to gyms. He chronicles how he did it in "Chubster: A Hipster's Guide to Losing Weight



While Staying Cool" (\$14, Mariner), probably the first diet book ever to praise the low-cal qualities of malt liquor. Cizmar, who was the music editor

at the Phoenix New Times during his transformation, isn't exactly a health expert. So feel free to disregard his ramblings on why America's obesity epidemic won't get worse. But his approach could tip the scales in your favor.

Why is calorie counting the basis for the Chubster diet?

Your body is a machine. It's basic science — if you put too much fuel in it, it's stored as fat. Using less fuel than you put in is how you lose weight. It's not by eating a weird berry.

You clearly ate a lot of frozen food, based on the thorough rankings in the book. How did you become such a connoisseur?

Cooking is not something I enjoy. And I found myself very busy, so that's what I was eating a lot of. I figured it's information that's useful to people. You don't have to eat frozen dinners. If you're cooking for yourself, you can count the calories of the ingredients you're using. With a frozen meal, the calories are measured for you, but what you don't know is if it's edible.

Lean Cuisine's Roasted Turkey Breast is your favorite. Any others?
Eating Right, which is a Safeway



Martin Cizmar lost weight by obsessing over the number of calories in everything.

Cizmar's tips for D.C.-area Chubsters:

► **Eat Ethiopian.** He always does when he's in town. But carefully consider what to order on your injera. "You need to stick with the vegetarian stuff," says Cizmar, who recommends lentils and cabbage but advises avoiding fatty lamb.

► **Hoof it.** "There are few places more pleasant to go for a walk [in] than D.C.," he says. And walking is a particularly pleasant way to burn calories without sweating through your ironic T-shirt and skinny jeans.

► **Don't get fries with that.** Although Cizmar's cool with most fast-food restaurants, he has a major beef with Five Guys — where a "regular" order of fries has a whopping 620 calories. "The D.C. area should be ashamed of foisting it on the American people," he says.

brand, so you can get it in D.C., has that Vegetarian Masala with the beans. It's better than what I've had at some Indian buffets.

What's always bad?

Pizza they do poorly a lot — they

should stop trying to do pizza.

McDonald's doesn't seem hipster to me, so why defend it?

If you don't know where to eat, there will always be a McDonald's nearby. So if it's something they can swallow their pride on, they'll find some options there.


Is there an ultimate Chubster diet food to order when eating out?

Banh mi bread is quite similar to Subway bread. It's not very dense. And a banh mi sandwich doesn't usually have much meat, and it's loaded with vegetables. So it's like Subway, but it's way cooler.

Why include so much booze info?

I think it's a cheat for diet books to say not to drink. That's part of the lifestyle — going out with friends and having a drink. You don't want to just have to stare at them. So you can have a couple Miller Lites, and that's 200 calories. You can drink two shots, and that's 160 calories. I'm a beer drinker, so I like a dry stout. Guinness is actually lower in calories than a lot of other beers.

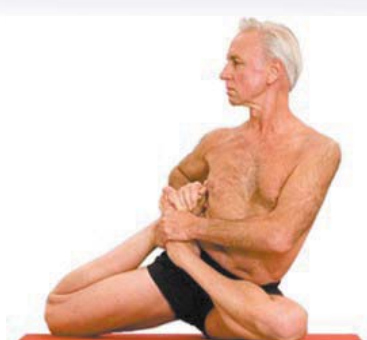
VICKY HALLETT (EXPRESS)

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Queen and Consort
Aretha Franklin will marry her longtime beau this summer **35**

Speaker Of the Blouse



FREDERICK M. BROWN/GETTY IMAGES

Catch You Later

I never thought I'd have a column on fashion. I didn't go to design school or worship glossy photo spreads in my teens. Until recently, I subscribed to the Economist, not Vogue.

Yet, for the past year and a half, I've had the privilege of learning the workings of a seemingly closed industry. It's a world associated with



By Katherine Boyle

thinness, vanity and luxury. At times, the stereotypes are justified, and lines from "The Devil Wears Prada," like being one stomach virus away from one's goal weight, aren't too far off.

But the fashion industry, for all its flaws, is a glorious and moving world that produces the costumes for society's most iconic moments. Who will forget when Kate Middleton stepped out of the car on her wedding day? Or when Lady Gaga stood onstage swathed in meat? We're attracted to beauty and the absurdity of it all.

Today is the last Speaker of the Blouse. Next week, I'll start writing The Washington Post's "Deal Hunter" column, a place where Manolos and Louboutins don't dare go.

Whether dressing you for your CIA interview or critiquing your favorite candidate's suit, it's been a pleasure to experience Washington with you.

Read Katherine's previous columns at: expressnightout.com/speaker



From left: Rebecca Mader, Amaury Nolasco as Angel (dressed as a woman), Ben Koldyke as Lee (also dressed as a woman), Kirstin Eggers and Kate Reinders on "Work It."

Dress to Depress

ABC's new 'Work It' is a clumsy, offensive and embarrassing excuse for a sitcom

Television

In trying to make any sense of ABC's *duuuuummmmb* new Tuesday night sitcom, "Work It," it's tempting to rummage through centuries of examples that might help us deconstruct modern civilization's endless fixation on putting a man in a dress for comic effect. But for the purposes of this particular bit of TV criticism, we

needn't travel any further back than 1980, when Tom Hanks and Peter Scolari played "Bosom Buddies." In an unseemly display of uncredited closet-raiding, "Work It" is just "Bosom Buddies" with a smokier eye.

"Work It" (8:30 p.m.) attempts — badly — to translate a subset of America's present unemployment woes, particularly as those statistics apply to jobless men. Amid a so-called "mancession," the statistics could be read to suggest a gender imbalance that favors women.

Ben Koldyke plays Lee Standish, a husband and father in St. Louis who was once a top salesman at a

Outcry Not Amused

GLAAD has called on ABC to cancel "Work It," because, as acting president Mike Thompson said in press release, "Transphobia is still all too prevalent in our society and this show will only contribute to it." (TWP)

Pontiac dealership, until Pontiac went kaput. With no luck in the job search, he hears that a pharmaceutical giant is hiring sales reps. However: "We're only looking for girls," another sales rep tells Lee.

"We've had some guys, but the doctors seem to want to nail them less." Lee's natural response is to raid his wife's closet and visit his local MAC counter. With "her" impeccable sales resume, Lee gets the job. His bosom bud, Angel Ortiz (Amaury Nolasco), puts on a skirt and gets a sales-rep job, too.

The laughs could not be thinner. The show's comedy is predicated on the fact that none of Lee's female co-workers seem able to discern the obvious (she's a man, baby), probably because they are too busy living down to every lame stereotype associated with office women, up to and including the itty-bitty salads they nibble at lunch. "Work It" is a big step back, aimed at a thoroughly brain-dead audience.

HANK STUEVER (THE WASHINGTON POST)

Weekend Box Office	
Mission: Impossible — Ghost Protocol	\$29.5M
Sherlock Holmes: A Game of Shadows	\$21M
Alvin and the Chipmunks: Chipwrecked	\$16.3M
The Girl With the Dragon Tattoo	\$14.8M
War Horse	\$14.3M
We Bought a Zoo	\$13.2M
The Adventures of Tintin	\$11.4M
New Year's Eve	\$6.3M
The Darkest Hour	\$4.3M
The Descendants	\$3.4M

entertainment **lookout**top
stops**1 Sing Like a Man**

Jukebox musicals — those constructed from pre-existing songs, usually from one artist or decade — have a deserved reputation for being clumsy. "Jersey Boys" is a happy exception, both because the music (of Frankie Valli and the Four Seasons) is enchanting and because a show about musicians accommodates random songs better than a plot about regular people who have no reason to sing all the time. **National Theatre, 1321 Pennsylvania Ave. NW; through Sat., \$37-\$277; 202-628-6161, Nationaltheatre.org. (Metro Center)**

2 How to Train Your Garden

So you have a big garden, and you've put colorful lights all over it in one of those seasonal displays, but what to do for your indoor gardens? Cover them in model trains, obviously. Brookside Gardens' train display is an enormous array of tiny vehicles taking a spin through plants and flowers. **Brookside Gardens, 1800 Glenallan Ave., Wheaton, Md.; through Sun., free during the day or \$20-\$25 in the evening; 301-962-1400, Montgomeryparks.org/brookside.**



COURTESY PHILLIPS COLLECTION

3 But What's The Pointe?

Impressionist Edgar Degas is most famous for his paintings, drawings and sculptures of ballet dancers, now assembled in "Dancers at the Barre," a show at the Phillips. It's easy to see why they chose the theme — Degas makes even the most awkward poses look graceful, and the freshly restored works are not to be missed. The show closes on Sunday. **Phillips Collection, 1600 21st St. NW; through Sun., \$10-\$12; 202-387-2151, Phillipscollection.org. (Dupont Circle)**

Daryl Hannah

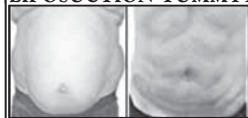


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The FAES Graduate School at NIH
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Digs

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lookout entertainment



Iranian American comedian Negin Farsad performs stand-up in Birmingham, Ala.

Standing Up To Islamophobia

Muslim American comedians give it a go in the Deep South

Comedy

Negin Farsad, an Iranian American stand-up comic from California, wears eye-catching mini-dresses, curses liberally and has awkward sex talks with her mother. (Actual quote: “You had intergender flesh relations without the security of external safety product?”)

Such conversations, painfully private in traditional Muslim societies, are public fodder for Farsad and three other Gen X and Gen Y Muslim comics with whom she traveled to the Deep South this past summer.

The tour will form the backbone of “The Muslims Are Coming!,” a documentary film about Islamophobia in America that Farsad is working on with comedian Dean Obeidallah. The documentary explores freedom of religion and what it means to be a minority in America.

Muslim American stand-up comedy is a relatively new phenomenon, the domain of second-generation immigrants who are

American enough to satirize the Muslim American experience, said Obeidallah.

A major factor driving Muslim Americans toward comedy was the Sept. 11, 2001, terrorist attacks. “There were no Middle Eastern comics before 9/11 that anyone knew about,” Obeidallah said. “I think a lot of people in our community started doing it as a form of political activism.”

“There were no Middle Eastern comics before 9/11 that anyone knew about.”

— DEAN OBEIDALLAH, COMEDIAN

In the South, the point was to see “how would people in the heartland take to us?” Obeidallah said. On the whole, the public response was encouraging.

The comedians acknowledged that they were unlikely to win the hearts of the most fervent anti-Muslim types. “People self-select to come see [the show],” Farsad said. “We’re trying to affect the people in the middle, people with questions, the ‘persuadables.’” TARA

BAHRAMPOUR (THE WASHINGTON POST)

Continuing education opportunities **abound.**

Getting Ahead The second Monday of each month in Express.

TV tonight **lookout**



Wife Gayle Haggard, husband Ted Haggard and assorted Haggard children prepare to swap Gayle for Gary Busey's fiancée.

CELEBRITY WIFE SWAP

An Experiment That's Still Failing

ABC 9:00 Disgraced evangelist Ted Haggard trades significant others and house rules with loose-cannon actor Gary Busey in the opener of this new famous-folks take on the ABC reality favorite. Situations to come include Tracey Gold swapping with Carnie Wilson, Flavor Flav swapping with Dee Snider, Mick Foley swapping with Antonio Sabato Jr., and Niecy Nash swapping with Tina Yothers. (TM)

Best Bets

FAM 9:00



Jane by Design Take a little "The Devil Wears Prada" and add a dash of "Don't Tell Mom the Babysitter's Dead," and you've got this charming new series about Jane Quimby (Erica Dasher, far left), a high-school girl who bluffs her way into a job as an assistant to a powerful fashion executive.

A&E 10:00

Storage Wars Brandi is flying solo as the buyers return to Santa Ana, Calif., since Jarrod has stayed behind to oversee construction on Now and Then. She buys a locker on her own and crosses her fingers for a positive outcome. Dave lucks out with some vintage gaming machines, while Darrell scores a collection of old bottles.

FOOD 10:00

Chopped Two of the chefs get similar inspirations from the contents of the appetizer basket: a fruit and a root. The entree round includes a cut of meat with an unusual name. For dessert, the chefs must incorporate Camembert cheese into their creations. Ted Allen, right, hosts, as always. (TRIBUNE MEDIA)



Premieres



Going It Alone

The contestants in "The Biggest Loser's" 13th season (8 p.m. on NBC) are about to find out how unlucky that number is. They arrive in pairs, including three parent-child duos; one grandparent and grandchild; four sets of siblings; and one married couple, but host Alison Sweeney, above, informs them that they'll be competing solo. Bob Harper and Dolvett Quince return as trainers. (TM)



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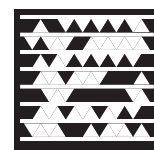
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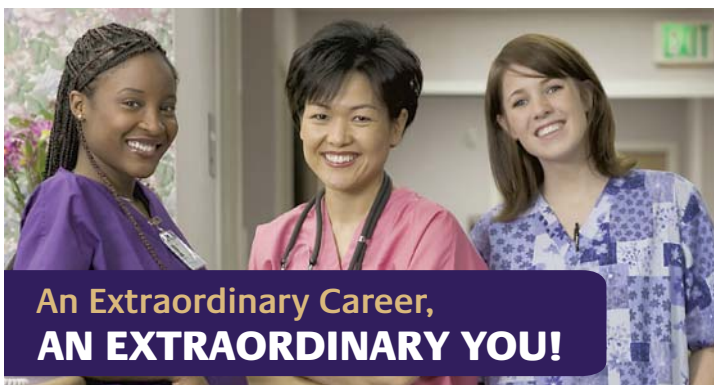


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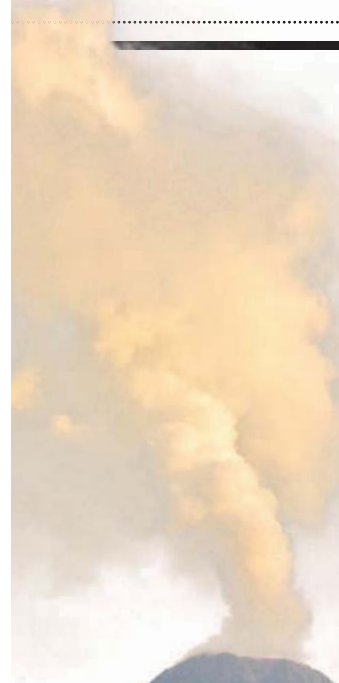
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“I wonder what would happen to the world’s weather if this, the deadly Mount Tambora and the Yellowstone hypermegasupervolcano explode at the same time. I can already imagine the 2012 doomsday idiots screaming ‘I told y*’ before getting engulfed in flames.”

—GIZMODO.COM is getting nervous about a super-volcano in Germany that experts believe could lead to widespread devastation in Europe and short-term global cooling from the resulting ash cloud blocking the sun, if it were to explode.

“‘Portlandia’ is now on Netflix Instant Streaming. Why didn’t you tell me how good this show was? You did? Why didn’t I listen?”

—@POLY915 feels a bit left out of the hype of the show, which premieres its second season on IFC Friday night.

“When you think about this, these kinds of dumb actions by children — not to mention the crime involved — are really becoming the norm. Nowadays, on sites across the Internet, children are encouraged to upload and post compromising and incriminating photos of themselves, so why should we be surprised? Are you?”

—CLAUDIO E. CABRERA AT THE-ROOT.COM reacts to the story of a 17-year-old Pittsburgh teenager and his friends who were arrested after they posted photos on Facebook posing with money they stole hours earlier.

“Though [Darth] Vader’s costume was usually worn by the hulking David Prowse, Anderson himself donned the black visor for the fight sequences, simply to ensure that Mark Hamill (who wore no protective gear) wouldn’t get his head knocked off. Even when he was being a villain, Bob Anderson was a gentleman. Now that’s a class act!”

—STEVENHARTSITE.WORDPRESS.COM looks back on the career of Bob Anderson, a former Olympic fencer who staged fights for the “Star Wars” and “Lord of the Rings” series. Anderson died Monday at 89.

“Imagine if [Savannah] Brinson said no? I guess it would just be fate right there that LeBron would never have a ring.”

—YOURSOURCE4SPORTS.COM takes a shot at Miami Heat guard LeBron James a day after got engaged to his high school girlfriend over the weekend.

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Puzzles

Horoscope

CAPRICORN (Dec. 22-Jan. 19)

Something that starts in a most exciting fashion today is likely to remain exciting for the duration — provided you don't get distracted.

AQUARIUS (Jan. 20-Feb. 18) A new way of doing an old, familiar thing might raise eyebrows today, but you know what you're doing — and you want a reaction.

PISCES (Feb. 19-March 20) It may take you awhile to get used to something that others told you would be right up your alley. The jury is still out.

ARIES (March 21-April 19) The addition of some new blood brings something fresh and needed to a project you've been working on for some time. It's a new start.

TAURUS (April 20-May 20) What you are waiting for is likely to come your way at the last possible moment today, raising your excitement level exponentially.

GEMINI (May 21-June 20) An aggressive approach is not advised today; trust your more gentle, accommodating style to get things done — for you and for others.

CANCER (June 21-July 22) You may find that you work better today in an unfamiliar, or at least unusual, environment. Even you need a change of scenery sometimes.

LEO (July 23-Aug. 22) You may resent someone's more insistent approach — until you realize that what he or she is asking for is simply timely and appropriate action.

VIRGO (Aug. 23-Sept. 22) What brings happiness to you today may be rather mystifying to some others. Resist the temptation to explain yourself; there's no need.

LIBRA (Sept. 23-Oct. 22) You aren't in the mood to be down in the trenches with the other foot soldiers today, but up in the air with the more daring adventurers.

SCORPIO (Oct. 23-Nov. 21) Symbols and metaphors are all around you today; you were best to look beneath the surface even when you can take something at face value.

SAGITTARIUS (Nov. 22-Dec. 21) You may find yourself waiting when, in fact, you want to be on the move. Use the time to assess your strategy and make necessary changes.

Scrabble Grams

PAR SCORE 145-155, BEST SCORE 221

O ₁	T ₁	B ₃	H ₄	C ₃	S ₁	R ₁

--

RACK 1

A ₁	E ₁	I ₁	O ₁	R ₁	M ₃	M ₃

--

RACK 2

A ₁	O ₁	O ₁	L ₁	L ₁	H ₄	C ₃

Triple Word Score

--

RACK 3

E ₁	O ₁	L ₁	B ₃	D ₂	L ₁	R ₁

2nd Letter Double

--

RACK 4

Friday's Solution

O ₃	V ₄	E ₁	R ₁	A ₁	G ₂	E ₁
P ₃	O ₁	M ₃	P ₃	O ₁	M ₃	
A ₁	N ₁	C ₃	I ₁	E ₁	N ₁	T ₁
N ₁	E ₁	A ₁	T ₁	E ₁	S ₁	T ₁

PAR SCORE 145-155

RACK 1 = 72
RACK 2 = 14
RACK 3 = 65
RACK 4 = 57
TOTAL 208

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

6				4		3	
	4			3		7	
	9			5			
3	6		5				
		1			4		
				9		2	3
			1			8	
	7		3			5	
1		8					9

Friday's Solution

9	1	5	4	2	3	7	8	6
6	7	4	8	9	5	3	2	1
8	3	2	7	1	6	9	4	5
4	2	7	5	3	9	6	1	8
3	5	8	1	6	4	2	9	7
1	6	9	2	7	8	4	5	3
7	8	1	3	4	2	5	6	9
2	9	3	6	5	1	8	7	4
5	4	6	9	8	7	1	3	2

Need more Sudolku?

Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

Comics

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

34 | 20

Today: Windy and colder today with some sun. Partly cloudy tonight.

37 | 28

Tomorrow: Mostly cloudy and cold tomorrow. Partly cloudy tomorrow night.

Looking Ahead

THU **FRI** **SAT**
46 | 31 50 | 37 56 | 39


Sun and Moon

Sunrise today: 7:27 a.m.
Sunset today: 4:58 p.m.
Moonrise today: 12:43 p.m.
Moonset today: 2:16 a.m.



Almanac

Normal high: 43
Record high: 71
Normal low: 29
Record low: -1

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Puzzles

Crossword

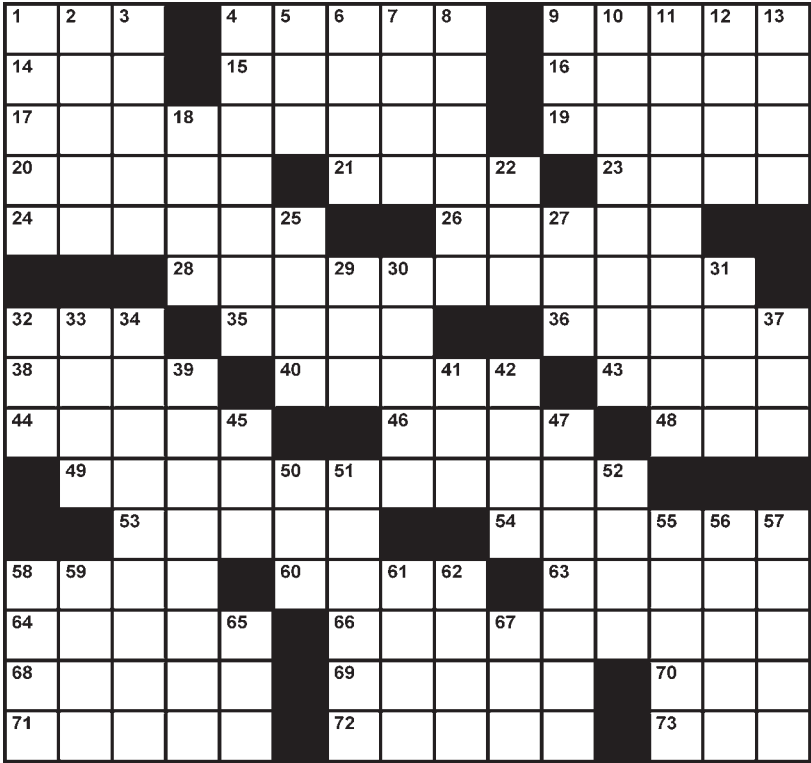
YOUNG AT HEART

ACROSS

- 1 Command to Fido
- 4 Winter accessory
- 9 Band of fighters
- 14 Lennon's wife
- 15 Mongol invader
- 16 Trout-fishing venue
- 17 Teen crush
- 19 Musician's transition
- 20 Biblical King of Tyre
- 21 A person's equal
- 23 Got more mature
- 24 Radio interference
- 26 Smart-mouthed
- 28 Matinee idols
- 32 Bugling mammal
- 35 Speak unclearly
- 36 Boise's state
- 38 Racetrack boundary
- 40 Luau
- 43 Word of mock horror
- 44 Bit of tomfoolery
- 46 Brown or scorch
- 48 Noted seashore vendor
- 49 Ambiances
- 53 Gossipy gal
- 54 Tilting
- 58 Thai coin
- 60 End-of-year season
- 63 Strictly verboten
- 64 Airport once called Orchard Field
- 66 Where one's first savings are deposited?
- 68 Leafy shelter
- 69 "The Mary Tyler Moore Show" actress Georgia
- 70 Elevator on a golf course
- 71 Wanda of "Curb Your Enthusiasm"
- 72 Examine again, as a patient
- 73 What's extracted from soil to get oil?

DOWN

- 1 Frosh successors
- 2 Arctic native
- 3 Coconut meat
- 4 Baffles
- 5 "Iron Man" Ripken



EDITED BY TIMOTHY E. PARKER

- 6 Over
- 7 All-night dance party
- 8 Least constrained
- 9 Letterman's turf
- 10 410 or 212, e.g.
- 11 Diners' requests, sometimes
- 12 Chap who plays the field
- 13 ____ out a living (barely got by)
- 18 Walk in a garden
- 22 Cheerleader's cheer
- 25 Baby elephant
- 27 Paranormal showman Geller
- 29 Be sorry about
- 30 Curbside takeout?
- 31 Exile of 1979
- 32 History chapter

- 33 Turner of Hollywood
- 34 Where headlines were made on Dec. 17, 1903
- 37 Exalting poem
- 39 Certain citrus source
- 41 Wait and ____
- 42 Fictional Georgia plantation
- 45 Scam
- 47 Fashion anew
- 50 Wallowing whereabouts
- 51 Tom Canty, in a Mark Twain book
- 52 Flat piece
- 55 Decrease
- 56 Ninth day before the ides
- 57 Quick puffs
- 58 ____ and weaves

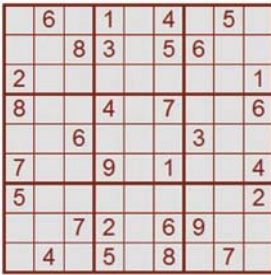
- 59 "Hey there!"
- 61 Script segment
- 62 Poached breakfast items
- 65 Sounds of hesitation
- 67 Turn right, to a horse

Friday's Solution



nine simple numbers

you learned by age 3



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Puzzles by Pappocom®.
For solution, tips and computer program, visit www.sudoku.com.

Today in History

1938 The March of Dimes campaign to fight polio is organized.

1959 Alaska becomes the 49th state.

2011 Prosecutors in Dallas declare Cornelius Dupree Jr. innocent of a rape and robbery that had put him in prison for 30 years, longer than any other DNA exoneree in Texas.



Published by Express Publications LLC
1150 15th St. NW, Washington, DC 20071
A Subsidiary of The Washington Post Co.

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People



ECONOMY

The Sequin Industry Poised to Explode in 2012

Figure skater Johnny Weir married boyfriend Victor Voronov on Dec. 31. "I'm married!" he tweeted on Saturday. The ceremony, he tweeted, will take place in the summer, "but all the official stuff is done now!" "No more livin' in sin," he added. "We reconnected over the summer, and it's just been a whirlwind," Weir told *icenetnetwork.com* of their relationship. (EXPRESS)

CROPPING

If Only We Could Have Shown the Whole Photo



GQ has declared Jared Leto the Worst-Dressed Man in the World. "He tries too damn hard," the magazine writes of the actor and 30 Seconds to Mars frontman. Other observations:

Leto can "afford an Alexander McQueen suit but opts for Ugg slippers and a couture snuggly" and he's "always the most wealthy-looking homeless person in the room." (EXPRESS)



MATTHEW STOCKMAN/GETTY IMAGES

Aretha's facial expression has so much going on in it. Willie's, not so much.

ARETHA WRITES HER OWN MATERIAL

'No, I'm Not Pregnant'

Aretha Franklin is ready to tie the knot with longtime beau William "Willie" Wilkerson. She said Monday that they're considering a summer wedding. She wants to follow the ceremony with a reception on a private yacht. "No, I'm not pregnant," Franklin, 69, joked. She's considering Vera Wang, Valentino and Donna Karan to design her dress. (AP)

Victims

'Dad? Is That You? Ugh.'

Police were called to Lindsay Lohan's home Saturday after a man, described by *TMZ.com* as "older" and "strange," knocked on her door and said he needed to speak with her. He refused to leave and was arrested for trespassing. (EXPRESS)



CAROLINE MCCREDIE/GETTY IMAGES

"Fatherhood has really changed you, President Sarkozy," Salma observed.

HONORS

Bowing or Curtsying Is Optional but Encouraged

Salma Hayek received the Légion d'Honneur (Legion of Honor) from President Nicolas Sarkozy of France on Sunday, *People.com* reported. She was given the rank of chevalier, or "knight." She'll be inducted in the next couple of months, a source told *People*. (EXPRESS)



"This is like one of my favorite shows, as a kid ... the feeling was still here. It's like it never left."

— SNOOP DOGG APPEARED ON "THE PRICE IS RIGHT" TO RAISE MONEY FOR HIS CHARITY, THE SNOOP YOUTH FOOTBALL LEAGUE.

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